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**HRM outcome  
likely to predict  
next premier**Expert says Dartmouth and  
Halifax ridings are key

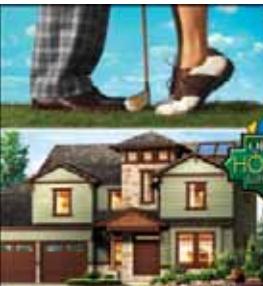
PAGE 4

**ETHICS 101**SAINT MARY'S  
UNIVERSITY ALUM TO  
RETURN DEGREES TO  
SHOW 'HORROR' AT  
FROSH CHANT

PAGE 3

**Explore your  
Maroon side****Music First****SAILING ON THE  
BRIGHT SIDE OF LIFE**

Sailors enjoy the warm weather on the Northwest Arm on Monday afternoon. The temperature reached a high of 17 C under sunny skies with Environment Canada calling for nice weather through to Wednesday. JEFF HARPER/METRO



# New shoes. New backpacks. New lifestyle.

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ined coverage versus rider-  
ship, pitting a basic level of  
access for as many people as  
possible against sacrificing  
service in some areas for  
higher ridership in others.

The consensus among the  
small crowd, indicated by  
large dots placed on a cover-  
age-ridership continuum,  
suggested ridership should  
be the goal.

"Make it work when you  
can get the highest usership,"  
said south-end resident Jane  
MacLellan. "So that you're bei-  
ng the most cost-effective for  
those routes."

Participants also debated

**Next consultation sessions**

- Wednesday, 1 to 3 p.m.  
and 6:30 to 8:30 p.m.,  
Sackville legion
- Thursday, 1 to 3 p.m.  
and 6:30 to 8:30 p.m.,  
Holiday Inn Harbourview,  
Dartmouth

the merits of a transfer-  
based network compared to  
longer routes with minimal  
transfers, with most leaning  
towards the transfer-based  
option.

A third question examined  
whether resources should be  
allocated to maintain existing  
routes, or to implement new  
ones. The responses favoured  
maintenance of existing  
routes, though Clayton Park  
resident Bob McDonald sug-  
gested the city has to keep up  
with its expansion.

"Just north of us, Bedford  
South, Bedford West.... I  
think it's kind of incumbent  
on us to offer those people  
transit service," he said.

The last question exam-  
ined the use of Transit Prior-  
ity measures, such as trans-  
it signals or dedicated bus  
lanes, and to what extent  
they should be used.

The responses will be used  
to create a draft service plan,  
which will be the subject of  
further consultation in the  
new year. RUTH DAVENPORT/METRO

"There's nothing like pub-  
lic transit to bring us togeth-  
er," said facilitator Patty La-  
croix of Catapult Media. "To  
bring us out to discuss the  
future of HRM, where we're  
growing as a community and  
our values."

The first question exam-

**porter**  
flying refined

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October 7  
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Metro Centre

Reba McEntire to hit up Halifax



Reba McEntire CONTRIBUTED

Country music star Reba McEntire will play three performances in the Maritimes next month, including a stop in Halifax.

Promoters Evenko and Live Nation announced Monday the singer-songwriter-actress will appear at the Metro Centre on Sunday, Oct. 20 with Canadian country artist Gord Bamford as the opening act.

Tickets go on sale Friday at 10 a.m. through from Ticket Atlantic. Prices range from \$59.50 to \$99.50. METRO

Public intoxication

Man found unresponsive in jail cell dies in hospital

A 53-year-old man who was taken to hospital after being found unresponsive in a Halifax jail cell last week has died.

On Monday morning, the Serious Incident Response Team (SIRT) stated in a release that the man had passed away at the QEII hospital on Sunday afternoon.

Halifax Regional Police said they had planned to release him when he sobered up, but the man was taken to hospital instead when he was found unresponsive but breathing around 6 p.m.

An autopsy is being performed on Monday, and SIRT has stated their investigation is ongoing. METRO

15-year-old

Missing girl found safe: Police

Halifax Regional Police say a missing 15-year-old girl has been found safe and in good health.

Nancy Elizabeth Roy, 15, was reported missing on Aug. 30. Last Friday, police notified the public through a media release of the missing person's case after being unable to find her. Police say she returned to her home on Monday morning and was unharmed. METRO



## Heroic efforts at Halifax Harbour recognized

Halifax Regional Police Chief Jean-Michel Blais, left, presents Eric Richards with a Chief's Certificate of Merit at police headquarters on Monday. Richards was recognized for his efforts to rescue a man who had fallen into Halifax Harbour on Aug. 7. The victim later died in hospital. JEFF HARPER/METRO

# Man to hand back Saint Mary's degrees

### Protest. Calgary businessman's decision came after learning of pro-rape chant



JEREMY NOLAIS  
Metro in Calgary

Daren Miller said he "worked his butt off" to obtain degrees in economics and finance from Saint Mary's University.

But next Monday the Calgary chartered financial analyst plans to march onto the institution's south-end Halifax campus, turn over his two scrolls and demand his name be pulled from graduation records in a show of solidarity against a pro-rape chant allegedly led by student representatives at the storied university.

A video of the chant shows a large group of students that appear to advocate in favour of non-consensual sex with min-

ors. "Y is for your sister . . . U is for underage, N is for no consent," the group cheers.

Miller first learned of the video Friday.

"My initial reaction was complete horror with the zeal of these young men and, even more shocking, that there were these young women in the video," he said, before pointing the finger squarely at the atmosphere of the university.

"There has got to be a sea change — an institutional shift — and stepping down of the leadership to allow fresh, new, young, Maritime blood to be able to come and figure out what's going on," he added.

He said if the culture at the school he called home between 1990 and 1995 improves, he would proudly display his accomplishments again.

The father of two said his decision came almost immediately after viewing the chant, which broke out during Saint Mary's orientation week.



Daren Miller is giving back his St. Mary's diplomas.  
GLEN KELLY/FOR METRO IN CALGARY

### Other actions

- Two Saint Mary's students will face a disciplinary hearing in the next 10 days in relation to the chant and could face a variety of penalties, including fines, suspension or expulsion.

- Jared Perry, president of the school's student union, which oversees orientation week activities, has already resigned.

they would actually grant Miller his request to be removed from the graduation records.

"We are looking forward to meeting with him (Miller) and listening to what he has to say," Steve Proctor said in a statement.

"Whatever course of action is taken will follow from that meeting."

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## Infrastructure

**NDP promises to pave local roads**

Premier Darrell Dexter committed the NDP to a multi-year plan to pave local roads if re-elected.

Dexter said Monday the program wouldn't cost any additional money because



**Darrell Dexter**  
THE CANADIAN PRESS

it would come from a reallocation of government resources.

THE CANADIAN PRESS

## Energy

**Liberals promise performance standards and fines for NSP**

Liberal Leader Stephen McNeil said his party would bring in legislation to protect consumers while shifting

some of the burden associated with the costs of energy-efficiency programs back to the utility.

"It's time fairness comes in and that energy policy set in this province is based on the ratepayer and not the executives at Nova Scotia Power," McNeil said.

THE CANADIAN PRESS

## Economy

**Tories want to cut taxes on small businesses**

Tory Leader Jamie Baillie said Monday the tax rate for small business is an impediment to growth and eliminating the 3.5 per

cent tax would give those companies that pay it more than \$62 million to help create jobs.

"This will allow small businesses to pay more workers instead of more money to the government," he said, adding Nova Scotia would have the lowest rate in the country under his plan.

THE CANADIAN PRESS

# HRM ridings ones to watch: Expert

**Provincial election.**

Party that holds region has good chance of winning, professor says



**HALEY RYAN**

haley.ryan@metronews.ca

With the provincial election officially underway, one political-science professor is looking toward Dartmouth and Halifax for the most interesting races in the coming weeks.

Jeff MacLeod, chair of political studies at Mount Saint Vincent University, said HRM is central to the election be-

cause the party that holds the most capital ridings has the best chance of taking the leadership.

"I'm just really curious about Halifax in general, the ridings grouped around the downtown core," MacLeod said.

Current NDP districts like Halifax Chebucto, Halifax Atlantic and Halifax Armdale have no incumbents or are losing an MLA member to retirement, which MacLeod said could definitely have an effect.

"You wonder if ... the base is holding," MacLeod said.

MacLeod said if a leader's campaign is "poorly run" they could be overshadowed by a local candidate, because

residents tend to know their own MLAs best.

"In a province this small, the ground game of the candidates makes a difference," he said.

"(However) if you're not having a lot of incumbents, that really makes it more likely ... that the messaging the party's sending out is going to have more of an impact."

MacLeod said the Dartmouth North race should also be interesting based on the Trevor Zinck controversy.

If Zinck runs he will be battling the negative perception of being declared guilty of fraud, and if he doesn't run the riding is open to an unknown.



Election signs are starting to pop up throughout HRM, including these seen along the Bedford Highway on Monday.

JEFF HARPER/METRO

**In the running**

Here are the registered candidates in HRM as of Monday, according to Elections Nova Scotia. Candidates have until Sept. 24 to declare a bid.

**An asterisk marks incumbent MLAs.**

- Bedford: \*Kelly Regan, Liberal; Mike Poworoznyk, NDP; Joan Christie, PC
- Chester-St. Margaret's: Timothy Harris, Liberal; \*Denise Peterson-Rafuse, NDP; Janet Irwin, PC
- Dartmouth East: \*Andrew
- Clayton Park West: \*Diana Whalen, Liberal; Jaime Allen, PC
- Colchester-Musquodoboit Valley: Tom Martin, Liberal; \*Gary Burrill, NDP; William Harrison, PC
- Cole Harbour-Eastern Passage: Joyce Treen, Liberal; \*Becky Kent, NDP; Lloyd Jackson, PC
- Cole Harbour-Portland Valley: Tony Ince, Liberal; \*Darrell Dexter, NDP
- Dartmouth South: Allan Rowe, Liberal; Mary Vingoe, NDP; Gordon Gamble, PC
- Eastern Shore: Kevin Murphy, Liberal; \*Sidney

Younger, Liberal; Deborah Stover, NDP

- Dartmouth North: Joanne Bernard, Liberal; Steven Estey, NDP; Sean Brownlow, PC
- Preston-Dartmouth: \*Keith Colwell, Liberal; Andre Cain, NDP
- Halifax Armada: Lena Diab, Liberal; Drew Moore, NDP; Irvine Carvery, PC
- Halifax Atlantic: Brendan Maguire, Liberal; Tanis Crosby, NDP; Ryan Brennan, PC

Prest, NDP; Stephen Brine, PC

- Fairview-Clayton Park: Patricia Arab, Liberal; Abad Khan, NDP; Travis Price, PC; Katie Campbell, Independent
- Halifax Citadel-Sable Island: Labi Kousoulis, Liberal; \*Leonard Preyla, NDP; Andrew Black, PC
- Halifax Needham: Chris Poole, Liberal; \*Maureen MacDonald, NDP; Mary Hamblin, PC
- Hammonds Plains-Lucasville: Benjamin Jessome, Liberal; \*Peter Lund, NDP; Gina Byrne, PC

Sackville-Beaver Bank: Stephen Gough, Liberal; \*Mathew Whynott, NDP; Sarah Reeves, PC

Sackville-Cobequid: Graham Cameron, Liberal; \*David Wilson, NDP; Peter MacIsaac, PC

Timberlea-Prospect: Iain Rankin, Liberal; Linda Skinner, NDP; Bruce Pretty, PC

Waverley-Fall River-Beaver Bank: Bill Horne, Liberal; \*Percy Paris, NDP; Brian Wong, PC

# Election the 'talk of the town'? Not quite yet

The provincial election may not be a water-cooler topic yet, but one expert says it's up to the parties to change that.

Although interest could ramp up in the coming weeks, Mount Saint Vincent University's chair of political studies said all party leaders need to

get a buzz going if they want to increase voter turnout.

"It's not the talk of the town today," said Jeff MacLeod. "That depends on ... the ability of political parties to cut through the noise of normal social media and other distractions."

MacLeod said the platforms also aren't different enough to create an interesting debate.

"In terms of policy ... if you go line by line, you can see a lot of similarities. They tend to support family values and community development,"

MacLeod said.

But he added that the personality of a leader and how they present a campaign is often a deciding factor for voters.

So far, he said both Premier Darrell Dexter and PC Leader Jamie Baillie are falling

behind Stephen McNeil of the Liberals who has "improved" from the last election.

Baillie is struggling and "not reading well" in appearances, MacLeod said, while Dexter seems "grumpy and aloof" as well as tired.

"That can't be his narra-

tive or else things will go very badly," MacLeod said.

However, he said the exciting thing about an election is that with a creative campaign and today's social media, public opinion can shift "in hours, not days."

HALEY RYAN/METRO



Mayor Mike Savage is shown in this file photo. JEFF HARPER/METRO

# Time to bring HRM to the provincial table, mayor says

**Municipal involvement.**  
Mike Savage wants more say in N.S. politics

RUTH DAVENPORT  
ruth.davenport@metronews.ca

HRM's mayor says he'll be asking whoever forms the next provincial government to make sure the municipality is more involved in policy making and strategic planning in the next four years.

"Across the country, municipalities are responsible for 60 per cent of infrastructure, but only collect eight per cent of the dollars," said Mayor Mike Savage on Monday. "We can't be the poor cousins of confederation. We have to be at the table when decisions are being

**Quoted**

**"I've been in politics long enough, I trust people. I take them at their word. But we also write down what they say."**

Mayor Mike Savage

made."

Savage said his request for greater involvement is a concern that "overarches" other priorities that he's discussed with all three provincial parties.

He said provincial funding for water and wastewater infrastructure upgrades required by the federal government, transportation growth and investment in HRM's urban core are among the pressing concerns he's raised with the caucuses

and individual party members. "There is a plan out there that calls for an overall \$50-million investment in the urban core ... that would be a three-way deal," he said. "It's important for all parts of HRM that we have a strong urban core."

Savage said he's had a good response from everyone he's met with, but said he'd continue to raise the issue of greater municipal involvement in decision making.

"We have to keep in mind there are no federal citizens, provincial citizens or municipal citizens," he said. "There's citizens, and we all share the land, and we have to look at these problems across jurisdictional lines."

Council returns from its summer break and resumes a regular weekly meeting schedule Tuesday.

**SIRT investigating**

**Vehicle crashes into home after police chase**

The province's Serious Incident Response Team is investigating after a 45-year-old Halifax man was taken to hospital with serious injuries after a vehicle crashed into a home following a chase with police.

Police say the chase started just after 3 a.m. Monday when officers tried to stop a vehicle at the intersection of Bayers Road and Connaught Street. Police eventually lost sight of the vehicle, and soon received a report of it crashing into a home on George Dauphinee Avenue. METRO

## Taken to hospital. Man hit by steel beam on Dalhousie work site

**Details**

A stop-work order has been issued for the Dalhousie University site.

Tim is an employee of Economy Glass and was treated for non-life-threatening injuries.

Matheson said she isn't sure how far the steel beam fell before hitting the man.

"That's all part of the ongoing investigation," Matheson said.

Chrissy Matheson, spokesperson for the department of labour, said the vic-

METRO

NOVA SCOTIA VOTES  
October 8, 2013



## NOTICE OF ELECTION Nova Scotia General Election

On Tuesday, October 8, 2013, a provincial general election will be held to elect a member in each of the 51 electoral districts to serve in the House of Assembly.

Take note of the following dates and times:

**Deadline for Revision of the List of Electors**

Thursday, October 3, 2013 6 pm

**Nominations Close**

Tuesday, September 24, 2013 2 pm

**Write-In Ballot Application Deadlines (in district)\***

\*Conducted every day except Sunday during the hours the returning office is open to the public

By mail Saturday, September 28, 2013 6 pm

In person and by agent Saturday, October 5, 2013 8 pm

**Write-In Ballot Application Deadlines (out of district)\***

\*Conducted every day except Sunday during the hours the returning office is open to the public

By mail Saturday, September 28, 2013 6 pm

In person and by agent Thursday, October 3, 2013 6 pm

**Returning Office Continuous Poll**

Conducted every day except Sunday during the hours the returning office is open to the public until Thursday, October 3, 2013 at 6pm

**Advance Poll**

Friday, October 4, 2013 10 am to 8 pm

Saturday, October 5, 2013 10 am to 8 pm

**Election Day**

Tuesday, October 8, 2013 8 am to 8 pm

**Official Addition Commences**

Thursday, October 10, 2013 10 am

**To vote you must be an eligible elector:**

- 18 years of age or older on October 8th, 2013
- A Canadian citizen
- A resident of Nova Scotia since March 6, 2013

For information contact Elections Nova Scotia at 424-8584 or, toll-free at 1-800-565-1504  
TTY: 424-7475 or toll-free TTY 1-866-774-7074

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Richard Tempore  
Chief Electoral Officer  
Saturday September 7, 2013



# Crown calls for harshest penalty since execution



Travis Baumgartner admitted to carrying out multiple homicides in his bid to steal hundreds of thousands of dollars. THE CANADIAN PRESS FILE

**No parole for 40 years.**  
Ex-guard pleads guilty to killing three co-workers, attempting to kill fourth

Prosecutors say a former armoured-car guard who admits he gunned down four of his colleagues should get life in prison with no chance of parole for 40 years.

Such a penalty would be the first under a federal law enacted in 2011 that allows for consecutive sentences in multiple-murder cases.

Travis Baumgartner pleaded guilty Monday to one count of first-degree murder and two counts of second-degree murder in a plea bargain. He also admitted to attempted murder in the serious wounding of a fourth guard.

The Crown says there were many aggravating factors in the crime, including a betrayal of trust and the fact that Baum-

gartner "did it all for money."

The prosecution pointed out that it would be the harshest penalty in Canada since the last execution in 1962.

Baumgartner methodically shot his fellow guards in the head as they reloaded ATMs in June 2012.

A statement of facts entered in court said Baumgartner shot three of the guards as they had their backs to him, then returned to the waiting armoured truck and shot a fourth co-worker.

Court heard that Baumgartner owed family and friends money and had just bought a new truck.

"At least I don't have to pay for the truck anymore," he told an undercover police officer after his arrest. "No bills for me."

Search warrants revealed that his mother told officers she woke up the morning of the shooting to find \$64,000 in cash in her home.

THE CANADIAN PRESS

## Child's death a surreal horror story

The first emergency crews to find the body of a Toronto boy are still deeply disturbed by the sight of his skeletal frame more than 10 years later, a coroner's inquest heard Monday.

But the boy's grandmother, his primary caregiver who had summoned them to the home with a nonchalant 911 call, treated his death as an annoyance, a pair of first responders told the inquest into Jeffrey Baldwin's death.

Four years after his grandparents got custody of Jeffrey and his three siblings, he died from complications of chronic starvation. He was a few weeks shy of his sixth birthday but weighed 21 pounds — about the same as he did on his first

birthday.

"It was the complete and utter destruction of dignity to any child or human being," said paramedic Marc Dugas of what he saw on Nov. 30, 2002.

Elva Bottineau and Norman Kidman have already been convicted of second-degree murder. The coroner's inquest is exploring systemic issues.

Bottineau and Kidman were granted custody without a background check. Both had a previous child-abuse conviction.

"After the grandparents were granted custody ... no worker oversaw or checked in on the family," said coroner's counsel Jill Witkin. "It doesn't appear that he was ever even



Jeffrey Baldwin CONTRIBUTED

taken out of the house."

Dugas was shocked by Jeffrey's condition, but the rest of the family seemed unconcerned, he said. When paramedics worked on Jeffrey in the back of the ambulance, no one came out of the house to inquire about him, Dugas said.

Even when the first emer-

gency crew arrived on scene, they had to knock to get Bottineau to come to the door, and she seemed annoyed, said Toronto fire Capt. Royal Bradley.

"She told me to keep it down because there was a child just inside, sleeping on the couch," Bradley testified.

The inquest heard a recording of the 911 call Bottineau placed. She said Jeffrey had recently stopped eating and he "might have a touch of the flu."

"Apparently my grandson is not breathing right now," she says.

Major changes have been implemented across Ontario since Jeffrey's death.

THE CANADIAN PRESS

### Gun laws

#### Should the blind be packing heat?

Some blind people are granted gun permits in one U.S. state, and law enforcement officials are debating the wisdom of it.

The Des Moines Register reports that Iowa law doesn't allow sheriffs to deny a permit to carry a gun in public based on physical ability. Blind people can

obtain the permits for carrying a weapon in public because of changes to state law that took effect in 2011.

Jane Hudson with Disability Rights Iowa said federal law requires states to analyze a situation individually before denying a service.

"The fact that you can't drive a car doesn't mean you can't go to a shooting range and see a target," Hudson said.

THE ASSOCIATED PRESS

### Conrad Black

#### Verbose ex-con to grace TV sets in Oct.

Conrad Black's weekly current-affairs show will begin airing next month.

The flagship show, titled The Zoomer — Television for Boomers With Zip was announced in May but had yet to bring the former media executive into Canadian living rooms.

ZoomerMedia now says

the 60-minute talk show will begin airing on its Vision TV channel Oct. 7 at 9 p.m.

It will be co-hosted by former Citytv/MuchMusic journalist and CBC Radio executive Denise Donlon.

As part of each episode, Black will conduct a feature "Conversation With Conrad" or participate in a panel discussion with "some of the world's greats." He will also tackle a slew of issues in an editorial segment.

THE CANADIAN PRESS

## No arrests. Zimmerman split turns nasty as wife flip-flops on armed threat

The estranged wife of a former neighbourhood watchman acquitted in the shooting death of a black teenager called police officers Monday, saying her husband threatened her and her father with a gun.

Shellie Zimmerman called police shortly after 2 p.m. Monday, said police Chief Steve Bracknell. In the call, she said George Zimmerman punched her father in the nose, grabbed an iPad out of her hand and smashed it, and threatened them both with a gun.

Shellie Zimmerman, who has filed for divorce, initially told an emergency dispatcher that her husband had his hand on his gun as he sat in his car outside the home.

She said she was scared because she wasn't sure what Zimmerman was capable of doing. But hours later she changed her story and said she never saw a firearm, said Bracknell.

For the time being, "domestic violence can't be invoked because she has changed her story and says she didn't see a firearm," Bracknell said.

"We didn't find a gun,"



George Zimmerman GETTY IMAGES FILE

Lake Mary police spokesman Zach Hudson said late Monday night. "We didn't find anything that indicated he had a gun on his person."

Hudson said Zimmerman was released from investigative detention at around 6:30 p.m. and "he just walked back into the house."

George Zimmerman was not arrested, Bracknell said.

He said the estranged husband and wife blamed each other for starting the fight but that Shellie Zimmerman would not press charges. Her father also declined to press charges, the police chief said.

THE ASSOCIATED PRESS

## Long-term care. Group says mice found chewing dementia patient's face

### Standards

"This is so unbelievable that this would be happening in Canada's richest province, that our seniors are having to live under these conditions."

Sandra Azocar, executive director of Friends of Medicare

first complained about mice about a year ago, Azocar said. She added the care centre, built in 2008, also has had a bedbug infestation for about nine months.

No one at Covenant Health or St. Therese could be reached for comment.

"It's obvious the situation hasn't been dealt with the urgency it requires. Even though staff have tried to deal with it, there's no overall plan to deal with these health hazards in a more urgent manner," Azocar said.

THE CANADIAN PRESS

# Hadfield touches down to launch new Ivey building

**London, Ont.** Business students benefit from some out-of-this-world advice as part of \$110M complex's grand opening

 SCOTT TAYLOR  
Metro in London, Ont.

The astronaut who became a star instilled Western University business students with a message of hope tempered with reality on Monday.

"Prepare for the worst," urged Cmdr. Chris Hadfield, considered by some to be Canada's greatest gift to space since the Canadarm. Back on earth after more than five months at the helm of the International Space Station (ISS), Hadfield



Cmdr. Chris Hadfield takes the stage Monday at Western University, urging a crowd of business students to be prepared for anything that comes their way. ANGELA MULLINS/METRO

was invited to Western as part of the school's unveiling of the \$110-million Richard Ivey Building.

Hadfield noted how much the world has changed since the end of the Second World

War, marvelling over the many "antagonistic countries" that worked together to build the ISS. "To think about that transition happening in less than a lifetime, of all of that hatred and misunderstanding and individual agendas, and now there's a mission control for the space station in Japan, one in Germany, one in Moscow, in Canada and the United States," he said.

## Caesars' next gamble is the world's largest ferris wheel

The madcap carnival on the Las Vegas Strip is getting another over-the-top addition: the world's largest ferris wheel.

The outer wheel of the 55-storey High Roller ride was scheduled to be hoisted into place Monday. The gargantuan project is now visible from all over the city, including the airport. Early next year, it will be outfitted with 1,500 LED lights, and start its slow spin.

"It's going to be an icon," project director David Codiga said. "It's going to be a part of your visit to Las Vegas if you ride it or not. It's more or less impossible not to see it if you come here."

Caesars Entertainment Corp. is building the ride as part of its \$550-million US Linq development, a new outdoor plaza across the street from Caesars Palace.

THE ASSOCIATED PRESS



High Roller project director David Codiga gestures skyward in front of the partially built ferris wheel on July 30. THE ASSOCIATED PRESS

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Address:	15 Lakelands Boulevard, Halifax, NS B3S 1G4, Canada
Job Type:	Full-Time
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Pastry Makers specializing in Greek/Middle Eastern pastries needed for Pastry Shop in Bayers Lake Park, minimum 5 years experience, starting at \$13/hr.	
For more info please call Peter at 830-3445	

## Kryptonian currency. Mint unveils Superman coins

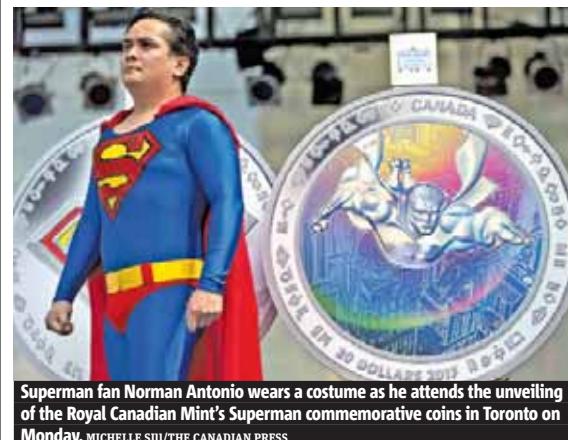
Superman has received the Canadian royal treatment. The Royal Canadian Mint unveiled seven coins Monday, each depicting different moments in the superhero's history, in order to mark the character's 75th anniversary.

The coins also feature an engraved message reading "75 years of Superman" in the character's native language, Kryptonian. One of the coins depicts Superman flying above Metrop-

olis with the famous Fortress of Solitude in the background.

The 14-karat gold coin sells for \$750 and is supposed to be like the original design of Superman's Canadian co-creator, Joe Shuster. The other six coins have a price range from \$29.75 to \$129.75.

The designs include a 3-D hologram of Superman flying and an almost pure silver coin of Superman in his latest uniform. THE CANADIAN PRESS



Superman fan Norman Antonio wears a costume as he attends the unveiling of the Royal Canadian Mint's Superman commemorative coins in Toronto on Monday. MICHELLE SIU/THE CANADIAN PRESS

### Retail

#### CPPIB, Ares to buy Neiman Marcus

A \$6-billion US deal for American luxury retailer Neiman Marcus comes at a good time because the strengthening U.S. economy provides opportunities for growth, the Canada Pension Plan Investment Board said Monday after announcing it's partnering with private equity firm Ares Management to buy the Dallas-based company.

THE CANADIAN PRESS

### Market Minute

 DOLLAR  
96.40¢ (+0.33¢)

 TSX  
12,854.64 (+33.72)

 OIL  
\$109.52 US (-\$1.01)

 GOLD  
\$1,386.70 US (+\$0.20)

Natural gas: \$3.61 US (+8¢)  
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# DON'T FALL FOR ALL DIGITAL DEALS

I'm a sucker for a daily deal. If you tempt me with 62 per cent off a spa package or discounted eyelash extensions, there's a pretty good chance I'll punch in my credit card information.

Today, there are more than 300 group-buying websites worldwide offering an infinite number of ways to help you look, feel, eat and live better for less. At the best of times, these e-commerce portals have a lot to offer both merchants and consumers, helping retailers bring in new customers and providing thrifty folk a great opportunity to try out local businesses on the cheap.

However, I'm starting to find that I'm racking up my Visa card with high expectations only to feel let down when these discounted experiences don't exactly pan out.

Admittedly, sometimes it's my own fault. Promotional emails usually show up in my inbox before my morning coffee



**SHE SAYS**  
**Jessica Napier**

metronews.ca

has kicked in which leads to impulsive purchases without any consideration of when I'll use the coupon or whether I actually have any interest in the product on offer. I mean, how many gallery wrapped canvas prints does one person really need?

These spontaneous buys often result in a subpar user experience. Overlooking the imminent expiry date on your gym pass can make it impossible to attend enough classes to make it worthwhile. And forgetting to read the fine print means you'll probably gloss over some important restrictions, such as those details stipulating your coupon for a romantic dinner for two is actually only valid between 5 p.m. and 6 p.m. on Mondays.

I know when I'm to blame when it comes to not getting the most out of my discounted purchases. But what happens when you do everything right and still wind up disappointed?

Last Christmas, my boyfriend received a voucher to test drive exotic cars at a nearby race track. Unfortunately, after dozens of phone calls and emails sent to the company that was offering the deal, it became apparent that scheduling a spot for him behind the wheel wasn't going to happen.

And this certainly isn't the only case of an online coupon gone sour. I know plenty of people who have had similar experiences with local merchants abruptly closing up shop or making it so difficult to book appointments that buyers are forced to just give up altogether.

Most sites offer refunds or credit for defunct deals, with the onus on the individual buyer to follow up and demand their money back. That said, I'm still waiting to hear back from a couple of companies regarding my own unsatisfactory experiences and am learning to be much more cautious when it comes to these bargain buys.

Because sometimes those frugal finds really are too good to be true.

Follow Jessica Napier on Twitter @MetroSheSays



## ZOOM

### Do you need a hand?

#### 3D printing helps replace lost digits

Dylan Laas shows how his Robohand works.

Laas, who was born with Amniotic Band Syndrome, got his hand from South African carpenter Richard van As, who lost four fingers to a circular saw two years ago and started work on building the Robohand after seeing a video posted online of a mechanical hand made for a costume in a theatre production. Since then, van As has fitted Robohands on about 170 people, from toddlers to adults.

THE ASSOCIATED PRESS

#### The motivation

"After my accident, I was in pain ... Sometimes you have to chop fingers off to start thinking."

Richard van As, Robohand creator

#### The details

- It's made from cables, screws, 3D printing and thermoplastic. It uses the rotation of a joint to enable five plastic digits to grasp.
- It costs \$500 to make.



DENIS FARRELL/THE ASSOCIATED PRESS

#### Clickbait

#### ANDREW FIFIELD

andrew.fifield@metronews.ca

Bandcamp is an online music store that allows customers to buy music directly from the artists, usually for only a few bucks and with an added bonus of being able to preview albums in full. Here are some Canadian artists to check out.

#### How Sad:

Despite the weather trending toward the chilly, How Sad fits in perfectly with the two groups mentioned below as sunny day soundtrack while taking care of the synthpop side of things. Let's hope fall co-operates enough to provide us with a few nice afternoons to enjoy them with. ([howsad.bandcamp.com](http://howsad.bandcamp.com))

who is equally at home writing breezy summer ballads and electro oddities. Flamingo is about as pleasant as an album gets. ([seannichollasavage.bandcamp.com](http://seannichollasavage.bandcamp.com))

**Sean Nicolas Savage:**  
An obnoxiously prolific Montrealer



**Grounders:**  
A beautifully handled collision of psychedelia, surf guitar and earworm pop, this Toronto band's debut EP is an absolute gimme. ([grounders.bandcamp.com](http://grounders.bandcamp.com))

#### Twitter

@metropicks asked: Bitcoin kiosks that exchange cash for digital money will come to Canada. Will you be converting?

@Canucklehead\_ca: To bitcoins? No way - people should hold off for my 'Lincoins' kiosk which will dispense IOUs. (As good as money.) INVEST

TODAY!

@BrookeBoser: Anyone use these?

@zimer77: Too new and people will decide.... I will not convert!

Follow @metropicks and take part in our daily poll.

#### WE WANT TO HEAR FROM YOU:

Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)

# Researcher among the shy

**Salinger.** Armageddon and Avatar writer Shane Salerno took years to find the info he needed for doc about famous author

MATT PRIGGE

Metro World News in New York

Like many who toil in Hollywood, Shane Salerno had a passion project on the side. While writing for NYPD Blue and getting credits on the likes of Armageddon (he's also James Cameron's co-writer on one of the Avatar sequels), Salerno laboured hard on a look into the unknown (or at least under-known) private life of the most famously private writer of all: J.D. Salinger. The fruits of his labours are now available, namely a documentary and a 700-page book, both called simply Salinger. (And for the record, his favourite Salinger works are the Nine Stories members A Perfect Day for Bananafish and For Esmé — With Love and Squalor.)

#### Was this always intended to be a non-fiction project?

Initially I wanted to make it as a feature with Daniel Day-Lewis playing Salinger. But I knew how fanatical he was about research. Over the course of all this research I realized it's a documentary. The people I needed to talk to were in their 80s and 90s — this had to go now. And I just started filing them. About six months into the documentary I realized there was no way this story could be told only as a two hour film. That's when the book became important.



J.D. Salinger, left, after the Normandy invasion with his fellow counterintelligence officers. THE ASSOCIATED PRESS

#### Do you view the movie as a gateway attraction for the book, which is bigger and more comprehensive than the two hour film?

I view them as one combined project. They work independently of each other. The book has a ton of material the film doesn't have, and the film has a ton of things the book just can't do — specific cinematic things. The book is about his life and has an enormous amount on his work. The film is about his life with a psychological portrait of his work.

#### Were some of the people hard to convince to take part?

Sure. In the case of Jean Miller — this was a woman who was 14 when she met Salinger, 19 when their relationship ended, who had a hundred letters from him and had never told

her story anywhere. Not only did she talk to us, she gave us all of Salinger's letters to her. They start in '49 and go all the way to 1954, when she's in college, and he's sending her telegrams saying can you come up this weekend? These letters provided this unprecedented look at Salinger.

#### Did Miller require a lot of coaxing?

I wouldn't say coaxing. She wanted to make sure this was a serious endeavour, and one that would tell her story and Salinger's story honestly. She definitely put us through a hardcore vetting process.

#### Ultimately how did you wind up convincing her?

I think it was just time. At that point we were eight years in, seven years in, and



Shane Salerno is finally enjoying the fruits of his labour. GETTY IMAGES

ready to go when he passed away. There was a lot of pressure to do that. I just knew there was this other material. Because we waited we got things like the only photo of him writing during the war.

#### Were there myths you wanted to debunk?

That he was a recluse. There was nothing reclusive about J.D. Salinger. Howard Hughes was a recluse. Recluses don't call The New York Times and grant spontaneous interviews. They don't see a 17-year-old girl on the cover of The New York Times Magazine and want to meet her and pursue her. That's another contradiction — he took his picture off of The Catcher in the Rye. That's what I was most interested in — those contradictions.

## LOOKING TO MAKE A CAREER CHANGE?

Read metrowork every Monday & Wednesday.

TOP  
**SIX@6**

Weeknights at 6 K8 counts down the HOTTEST songs of the day

6	Lana Del Rey Summertime Sadness
5	Avicii Wake Me Up
4	Miley Cyrus We Can't Stop
3	Drake Hold On, We're Going Home
2	Katy Perry Roar
1	Florida Georgia Line ft Nelly Cruise

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2  
SCENE

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#### Long road to success.

East coast singer-songwriter is having the best year of his career, but he's set his sights on even more

David Myles looks long.

That's not just a physical assessment of the tall, gangly 32-year-old singer-songwriter, who cuts an atypical figure for someone who has won one of Canada's top hip-hop music honours. He wears thick-rimmed glasses, hails from New Brunswick with a home base in Halifax and, on this balmy day, he's just completed an intimate set in Toronto for the lunchtime Bay Street crowd wearing a large-brimmed sun hat and white linen suit.

It's also a reflection of Myles's approach to his music career.

It's been a wild year that he de-

scribed as “the best of my career,” spurred on by the massive success of Inner Ninja, the earnest rap tune with Halifax MC Classified (the alias of Enfield, N.S.’s Luke Boyd) that has soared to the top of Canadian charts and last year won the Juno for rap recording of the year.

But he’s taking it all in stride. “It’s been the coolest thing. It really, really has,” said Myles. “But I’m not a superstar by any stretch. I’m out there on the road — and everybody is. You play shows, a certain number



David Myles has soared to fame on the strength of the Juno-award-winning hit *Inner Ninja*. His cross-Canada tour begins Wednesday in Winnipeg.  
THE CANADIAN PRESS

#### Hali-facts

Halifax is the shared home of David Myles and Classified. The city was once hailed as a “new Seattle” for indie rock — promoting that collaborative spirit. The city has produced a wide range of talents, from folkster Joel Plaskett to indie songbird Jenn Grant to oddball rapper Buck 65, many of whom have

partnered up and swapped genres like clothes. “You’re in it together. You’re an outpost, to a certain extent. That’s why St. John’s is great, Winnipeg is great. There’s a certain amount of isolation there, and you’ve got to hone your skills before you head out into the wider world,” Myles says.

of people say, ‘I love this,’ they get the CD: that’s how you build your career. There are breaks or whatever, but ultimately day by day, it’s incremental building.

“It takes years, man, it takes years. And if you think it doesn’t, then I think you’re probably in the wrong game.”

To those who have tracked Myles’s career, this move from singer-songwriter roots crooner to hip-hop might not be that surprising for the musical chameleon. He says he’s been a longtime rap fan — particularly of Canadian pioneer Maestro Fresh Wes — and has always been influenced by other genres.

In the same breath, he names Willie Nelson, David Byrne and Sam Cooke among his inspirations; he’s collaborated in the past with opera soprano Measha Brueggergosman and bossa nova singer Bia. He says, with a laugh, that his next album might take its cues from country

legend Merle Haggard.

“I like the idea of having a really varied career, and I hope I have a long career that’s really diverse,” he said.

Nevertheless, this recent dip into the hip-hop waters did provide for some new challenges. Myles says he learned music in the “traditional” way — practising scales, learning chords, playing in the school band, training with the Royal Conservatory of Music — which evolved into songwriting. The odd-couple partnership with Boyd, which began five years ago after the two Maritimers met at a music conference, has provided new insights into an unfamiliar frontier, where chords and melodies play second fiddle to drumbeats and samples.

“I’ve learned more in the last year than I have since I started playing music when I was eight,” says Myles.

THE CANADIAN PRESS



page 82



# REASONS MOMMY DRINKS

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## METRO DISH

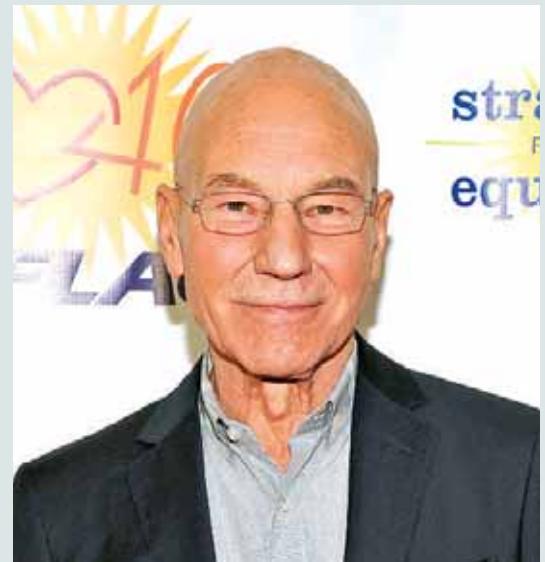
OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

**McKellan plays priest as Stewart has fun getting hitched**

PAT HEALY  
Metro World News in Boston

Patrick Stewart is off the market. The former Star Trek captain married Sunny Ozell this weekend, with good friend Ian McKellan officiating the wedding. Always a fan of frivolous fun, the X-Men star announced his marriage by posting a photo to Twitter of himself and Ozell buried neck-deep in a ball pit with the caption, "Yes, married." McKellan also took to Twitter to announce the event,



posting a photo of himself with his Doctor of Divinity certificate and a T-shirt with the word "minister" emblazoned on it. "I did my part," he wrote.

### Peddles Domestic Short Hair

3 year-old Peddles is a sweet girl who was found in an apartment hallway. She was likely left behind when her owner moved. Although quiet, Peddles is affectionate. She doesn't really grasp 'play' yet, but will quickly learn. Peddles would prefer a home with older children and wouldn't mind having a fellow feline friend; she would also enjoy life as an only kitty – she isn't picky as she's just looking for a place to call home again. Please drop by the shelter and ask for Peddles; she is patiently waiting to meet you.



For more information on Peddles and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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# Is there a 'bigorexic' man skulking around your gym?

**Fitness.** Even without the drug abuse attached to excessive bodybuilding, there can be some serious dangers

LINDA CLARKE  
Metro World News

When is big too big, or even dangerously big? That's the question some health experts are asking about excessive bodybuilding. Nicknamed bigorexia, obsessive muscle mass bulking can damage mental and physical well-being, especially when it involves dangerous drug use.

"Bigorexia is the term we're using for men who are using substances like anabolic steroids and testosterone to get bigger and bigger," says Dr. Damon Raskin, a board-certified internist with a specialty in men's health. "The danger with taking supplemental testosterone is that it shuts off the body's ability to make it. Depression is a common side effect; it can damage the liver too, as can anabolic steroids."

Similar to anorexia, bigorexia often affects teens who are prone to insecurity or unsure of their physical identity.

"They see these athletes and hear about them using enhancement drugs, and they think it's OK," says Raskin, who says the issue is "becoming a big problem."

He says efforts to educate people about the disorder

## Supplements

### No drugs, no problem?

- Not true. Even bigorexics who don't use drugs to help build muscle mass are prone to health problems from excessive exercise and eating too many high-protein foods, like meat, eggs and supplements.

need to start in schools, and early. And a healthy home life helps too.

"The person who is susceptible is someone who perhaps has a stressful home environment, low self-esteem, or been rejected by a girl or boy."

Warning signs that parents and friends can watch out for include increased aggression and overdoing it on diet and exercise.

"If you see rapid physical changes and someone develops massive biceps in four to six weeks, that's not normal," says Dr. Raskin.

As with any drug dependency and psychological disorder, it's important to seek professional help.

"It's necessary to get psychotherapy to find the underlying problems and treat them," Raskin advises. "Then, we work to balance out hormones. Over time, taking these drugs can cause lasting physical damage, but if caught early enough an endocrinologist can usually reverse any problems."



Working out is OK, just don't get obsessive about it. iSTOCK

## Tired after sleeping? You may have Sleep Apnea.

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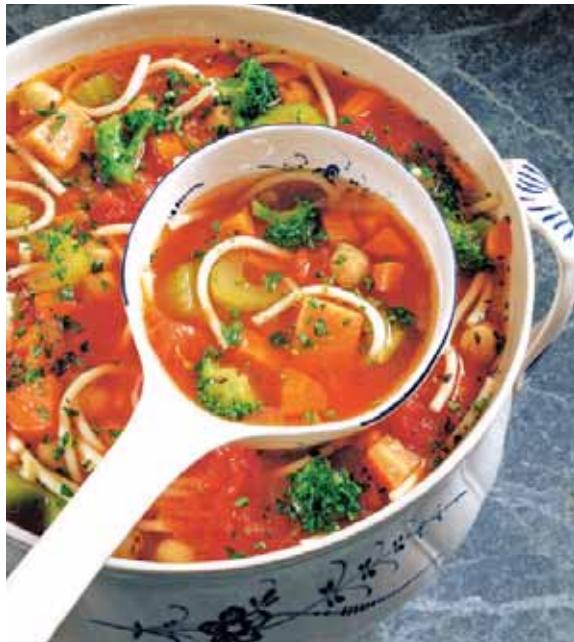
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# Soup season is around the corner: Veg & Bean Minestrone



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)



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This is a great vegetarian soup with loads of nutrients.

If you want this to be a complete meal, add six ounces of diced cooked chicken, beef, pork or seafood. You can also substitute the pasta for 1/4 cup rice or quinoa but allow to cook for another 10 to 15 minutes.

1. In nonstick saucepan, heat oil; sauté garlic, onion, carrot and celery until softened, approximately 5 minutes.
2. Add stock, potatoes, broccoli, tomatoes, chickpeas, bay leaves, basil and oregano; cover and simmer for 40 minutes or until vegetables are tender, stirring. Remove bay leaves. Season with pepper to taste.
3. Add pasta; cook 10 minutes, stirring often, or until spaghetti

is firm to the bite. Garnish each bowl with cheese. **ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN**

## Ingredients

- 1 tbsp vegetable oil
- 1 tsp crushed garlic
- 1 1/2 cups chopped onion
- 1 medium carrot, finely 1 chopped
- 1 small celery stalk, finely 1 chopped
- 4 1/2 cups beef stock
- 1 1/2 cups finely chopped peeled potatoes
- 1 1/2 cups chopped broccoli
- 1 can (19 oz) tomatoes, crushed
- 3/4 cup canned, drained and rinsed chickpeas
- 2 bay leaves
- 1 1/2 tsp each dried basil and oregano
- Pepper
- 1/3 cup broken spaghetti
- Garnish
  - 3 tbsp grated Parmesan

## Health Solutions

### If it looks like a duck...



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
[myfriendinfood.com](http://myfriendinfood.com)

Don't just stand there! Duck! It is the new white meat and according to Grey County duck farmer Justus Martin ([ovenreadyducks.com](http://ovenreadyducks.com)), the demand is growing.

Here's why: Canada celebrates ethnic diversity that brings with it a yearning for other proteins and duck fits the bill. In addition, as with most lasting trends, it all starts with the high-end restaurants looking to offer a new experience to their demanding clientele.

Duck has more flavour than chicken but is still considered "white meat" and, Muscovy duck is as lean as chicken

but it brings a richer flavour. It is an absolute myth that it takes anything more to cook a duck than it does to cook a chicken.

#### Cooking tips:

- Best on a spit with a simple rub of olive oil and spice.
- Roasts well in the oven just like chicken 350 for 3.5 hours.
- Breasts and drumsticks work well on the barbecue.
- Fall and winter weather just scream for a duck confit which is a hearty fix it and forget it, one pot meal.
- Serve duck with heartier foods with distinct flavours like: cranberries, sage, saffron, orange or onions.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT [MYFRIENDINFOOD.COM](http://MYFRIENDINFOOD.COM)**



## Side. Mandarin Orange and Kale Salad

Massaging oil into kale is a great way to tenderize the leaves for this salad,

1. Discard tough stems of kale. Tear leaves into bite-sized pieces. Place in large bowl. Drizzle 2 tbsp (25 ml) oil over top; using hands, massage oil into kale for 1 minute. Sprinkle pinch of salt over top; massage and squeeze for 1 to 2 minutes or until kale is slightly softened.

2. Peel mandarin oranges and pull off excess stringy white bits; segment. Add orange segments, apple, celery and red on-

ion to kale. In small bowl, whisk together 2 tbsp (25 ml) oil, vinegar, salt and pepper. Pour over salad; toss to coat. Transfer to

## PRESIDENT'S CHOICE

### Ingredients

- 1 bunch kale, washed and dried
- 2 tbsp (25 ml) PC Splendido Extra Virgin Olive Oil
- Pinch salt
- 4 mandarin oranges
- 1 PC Organics Gala Apple (skin on), cut in julienne strips
- 1 stalk celery, thinly sliced
- 1/3 cup (75 ml) thinly sliced red onion
- 2 tbsp (25 ml) each extra virgin olive oil and white balsamic vinegar
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (50 ml) sliced blanched almonds, toasted



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Dr. Stephanie Schellenberg (Smith)

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The best way to learn a second language or to improve your skills in one is to fully immerse yourself.

Université Sainte-Anne is the only French-language post-secondary institution in Nova Scotia and enables students to learn French language skills faster.

"This program is considered to be one of the best and most intensive French programs offered at the only francophone university in Nova Scotia," says Neda Ghaferi, French language training adviser at Université Sainte-Anne.

The program provides students with daily intensive courses of six or seven hours that allows them to understand, use, and quickly improve their French.

Students have the opportunity to work with some of the most experienced teachers in the region and immerse themselves



CONTRIBUTED

in a French-only environment.

"This program improves the need of bilingualism in our current job market," Ghaferi says. "With the current 5,000 bilingual-position opportunities with the federal government, this program satisfies one of the key requirements."

Being fluent in both French and English can lead to higher salaries and increased opportunities in any region and globally.

The sessions are five weeks long and are offered all year round.

For more information about the full-time French intensive program at the Halifax campus, visit [usainteanne.ca/group-training-halifax](http://usainteanne.ca/group-training-halifax).

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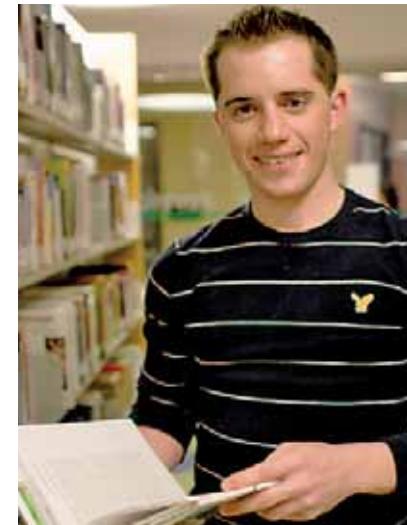
Whether it is evenings, weekends or online, NSCC offers hundreds of individual courses, as well as certificates, diplomas and advanced diploma programs.

This fall, NSCC continuing education has a variety of new courses to complement its regular offerings.

For those looking to their own business, they may wish to enrol in entrepreneurship for the fall term and continue with small business bookkeeping during the winter term.

The lean six sigma essentials — yellow belt certification is a hot topic for 2013-14, along with the profit, the power and enjoyment of professional sales.

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artistry program helps individuals prepare for this exciting career.

"We teach the part of the makeup industry that is going to you a career," says Heather Rose, makeup artistry instructor at the Hair Design Centre.

This 300-hour program takes place over 15 weeks, where students will learn the skills in makeup artistry and provide them with a solid foundation to where they want to take their career.

Rose says graduates can go on to work

as freelance makeup artists, work at retail makeup counters, or even go on to work in the fashion or film industry.

Students will get to practise their skills at a number of different events while in the program

"This program is really focused on getting our students as much hands-on experience as possible to get them ready for a successful career," Rose says.

For more information, please visit [hairdesigncentre.com/school](http://hairdesigncentre.com/school).

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the Certified Coaches Federation (CCF). "What they will learn over the weekend, they can put into practice the Monday after the course."

Brown, who will be leading the weekend course, says the skills learned will not only apply to one's professional lives, but can be applied to personal lives as well.

Upon successful completion of this course, you will receive an official CCF certificate recognizing you as a certified coach practitioner.

The certified life and executive coach training course takes place Nov. 2-3 from 9 a.m. to 5 p.m., at the Quality Inn in Halifax.

"For those who have an interest in making money, this course will teach you how."

Registration is now open.

For more information, please visit [certifiedcoachesfederation.com](http://certifiedcoachesfederation.com), or contact Abe Brown at 866-455-2155, or [abe@certifiedcoachesfederation.com](mailto:abe@certifiedcoachesfederation.com).



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**Sainte Anne**

# Reasons Mommy Drinks: Because you hit her with a block and she can't swear

**New book.** Pair offers tips on surviving the first 18 months of your kid's life



RICHARD CROUSE  
Metro World News

Reasons Mommy Drinks, the new book by Lyranda Martin Evans and Fiona Stevenson could have been subtitled What to Expect After You've Been Expecting.

"We really felt like this was the ultimate baby shower gift," said Martin Evans, a five foot seven inch blond with a keen wit and infectious laugh. "Both of us got a lot of doom and gloom books, so when we were writing we thought we wanted to do a baby shower gift book you can read and actually laugh with."

The book is a mom's eye view to surviving the first 18 months of parenting written chronologically from the baby

shower to when the little ones are finally starting to walk and talk.

The book is part advice, part bartender's guide that offers up a coping mechanism that comes with a twist — a lemon twist.

Each of the parenting challenges — dealing with nap time, in-laws or the first haircut — is paired with mock or cocktail. The daycare chapter, for instance, is matched with the Day Care Defense, a fruity rum drink they say will "numb your kill germs and boost your immune system."

Martin Evans and Stevenson met in high school and bonded over a love of writing and performing comedy.

"In the 10th grade, we co-wrote and performed our first standup comedy show — a Full House/Beverly Hills 90210 mash-up — and, in doing so, discovered we had amazing creative chemistry, and a similar comedic voice," says Stevenson, a bright-eyed blonde with a ballerina build and an infectious smile.

Those shared interests fuelled their friendship



Fiona Stevenson, left, and Lyranda Martin Evans, authors of Reasons Mommy Drinks. GUSTAVO GONZALEZ

through university.

"After graduating from Queen's and embarking on full-time careers in marketing and advertising, we looked for new ways to join forces creatively.

We did the Second City conservatory program together, co-pro-

duced sold-out musical variety shows for charity and founded a sketch comedy troupe called Math is Hard."

Two years ago when the friends found themselves pregnant at the same time, Martin Evans says they looked for a

way to use their "creative writing skills and do something we enjoy." After some thought they gave birth to reasonsmommydrinks.com.

"Like all working moms, we are time starved and want to maximize our time with our families," Stevenson says. "Our long history of creative collaboration and shared work ethic makes us an incredibly productive team. It's amazing what we can accomplish in a two-hour power writing session during nap time.

"We wanted to give a voice to the new generation of moms — accomplished, ambitious women who, as they transition to their new role as parents, want to do the absolute best for their new baby in every possible way, without completely losing themselves in the process. To a time-starved, sleep-deprived new mom, it can feel like an impossible task at times, and we discovered there's a lot of comedic gold in that daily struggle."

The blog was an instant hit. "Parents immediately got the joke behind the title," says Stevenson. Voted best blog from

Toronto Mom Now, it inspired them to think beyond the internet.

"The book is about the first year-and-a-half, which I found really hard," Martin Evans says. "I did not have the kid who went to sleep. You see those mothers who have that perfect kid who sleeps all the time, wakes up happy. I didn't have that kid. Neither did Fiona. We had high maintenance kids."

"But all the things that, at the time were frustrating are now really funny. Tragedy plus time equals comedy."

Martin Evans says the tone of the book is tongue-in-cheek, but she hopes parents — or even single people, who she says can, "use it as a birth control reminder" — will read the book and realize that they are not alone.

"I think different women will take away different things from the book," Martin Evans says. "The overarching theme, the best thing you can take away from it is, we're all in this together and it is so worth it. The very last drink in the book is the Kool Aid. It's like, drink the Kool Aid. It's worth it."



Bob Harper, trainer on NBC's The Biggest Loser, encourages parents to ease their kids into healthy habits. CONTRIBUTED

## Make sure your kid isn't the Biggest Loser

**Health education.** Bob Harper, trainer on the weight-loss show, tells Metro how to get your children thinking and acting healthy

MEREDITH ENGEL  
Metro World News

Our children "are sponges," says Bob Harper, trainer on NBC's The Biggest Loser, in that they absorb the behaviours they witness in their parents.

Make sure you're sending out the right signals when it comes to your child's health with these tips from Harper, which he provided at Saturday's U.S. Open.

### Set the example

"You can't just tell your kids to go out and play when you've come home from a

### Food for thought

#### One more tip

- Don't rely on fast food.** "You have to get more involved with what our kids are eating so they're not so enticed by that fast food nation that does have billions of dollars to spend in markets to attract our kids: Come to our restaurants and get these toys and play on these playgrounds while still eating this crap for food."

long day (and sit in front of the TV). I get it. We are all busy, but if you have children you have a responsibility to those children and their future. I think that the only way that real change can happen is when parents get involved," he says.

### Encourage play

"My mission is to get (kids) playing whatever sport they want to be playing," he says. "The last thing I would want to see is a child in a gym on a treadmill or something like that. ... If you're the active parent and you've found something that really works for you, it might not work for your children. Find something that they like to do — that is going to get them active and that's what will keep them going and want to do it more."

### Don't keep score

"I don't really like to introduce the competitive element in any kind of sport activity with kids in the beginning," he says. Instead, make the games just about fun. "I think it sets a better tone in the beginning of that camaraderie, that love of whatever sport it is. Hopefully it's going to ignite something in them. Bring in the competition later."

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It really is that simple... until age kicks in. The problem is that as you get older, your body stops producing enough N.O. Your levels of this vital chemical begin to steadily drop off by between 1 and 2 % each year after the age of the 30.

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MH100913

# Put your money where the cash is



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

I've previously written that the key to successful saving and investing was having a balance between equities (stocks), bonds and cash.

Several readers questioned the need for cash in a portfolio. Yes, interest rates are paltry, and likely to continue for some time, but during stock market turbulence any kind of positive return can be a life-saver.

Cash plays four important roles in a financial plan.

## 1. Cash provides ballast

That's how my old friend Eric Kirzner professor of finance at the Rotman School of Business refers to the role of cash for investors. When the market takes a dive, this stolid holding is still there providing a return.

In fact, there have been

many times over the past 20 years when cash has performed better than equities. We all remember the stock market carnage of 2008 and 2009 — cash was king during those years.

It was also the winning investment in 1981, 1987, 1990, 2001 and 2002.

## 2. Cash equals opportunity

Those with cash can swoop in and buy when the stock market swoons.

Too often investors flee for the sidelines after a market crash. But the savvy folk use cash to buy good quality stocks at a bargain. Don't we all wish we'd done that in 2008 and 2009?

## 3. Cash is a rebalancing tool

Top money managers tell me that up to 60 per cent of the profit they generate comes from the process of returning a portfolio to its original allocation of equities, bonds and cash.

Having cash allows investors to tweak their portfolios and put more money into asset classes that are sagging.

This vital housekeeping

discipline keeps a portfolio healthy, but without cash investors are forced to sell bonds or equities in order to rebalance.

## 4. Cash is an emergency saviour

When the car is kaput or the roof leaks, cash will bail you out. Emergency cash should be kept in a savings or Tax Free Savings Account for ready access. It's far better to have cash sitting there earning one per cent than be forced to pay four to 29 per cent on lines of credit or credit cards.

It isn't sexy but cash is absolutely the most useful saving and investing tool.

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NBL Canada

## Rainmen give chance to former CIS standouts

The Halifax Rainmen signed two former Canadian Interuniversity Sport standouts on Monday, including ex-Dalhousie Tigers star Robert Nortmann.

The power forward/centre helped lead the Tigers to two AUS championships in 2009 and 2011. Nortmann, who played professionally in Australia last year, averaged 14.6 points and 6.4 rebounds in his senior year with the Tigers, and was named to the 2011-12 all-AUS second team.

"What really stands out about Robert is his drive, dedication and commitment to the game," Rainmen head coach Chris Terrell said in a team release.

The other signing, Michael Smith, is a six-foot-two guard and three-point specialist out of Manitoba's Brandon University. Last season he averaged 9.9 points, 2.3 rebounds and 1.5 assists in 16 games. **METRO**

NHL

## Flames' Kipper calls it a career

Calgary Flames goaltender Miikka Kiprusoff announced his retirement Monday.

The 36-year-old spent the last nine seasons with the Flames, including the club's memorable run to the 2004 Stanley Cup final.

Kiprusoff holds team records for wins (305), games played (576) and shutouts (41). **THE CANADIAN PRESS**



Rafael Nadal falls to the court after topping Novak Djokovic in the U.S. Open men's final on Monday night in New York City. AL BELLO/GETTY IMAGES

# Nadal completes climb back to top

**Tennis.** Spaniard completes tumultuous year by claiming 13th Grand Slam championship with four-set victory over Djokovic

135th.

Looking fit as can be and maybe even better than ever, the No. 2-ranked Nadal pulled away from No. 1 Novak Djokovic 6-2, 3-6, 6-4, 6-1 on Monday in a taut, tense U.S. Open final for his 13th Grand Slam title.

"Very, very emotional, no?" Nadal said during the on-court trophy presentation. "Probably only my team knows how much (this) means for me."

They started in sunlight and finished at night, a three-hour, 21-minute miniseries of cliffhangers and plot twists and a pair of protagonists who inspired standing ovations in the

Gaining major ground

13

The 27-year-old Rafael Nadal's total of 13 major championships ranks third in the history of men's tennis, behind Roger Federer's 17 and Pete Sampras' 14.

middle of games.

There was no quit in either of them, during points that lasted 15, 25, even more than 50 strokes.

"Probably nobody brings my game to the limit like Novak," said Nadal. **THE ASSOCIATED PRESS**

This was their 37th match against each other, the most between any two men in the Open era, and Nadal has won 22. It also was their third head-to-head U.S. Open final in the last four years. Nadal beat Djokovic for the 2010 title, and Djokovic won their rematch in 2011.

They know each other's games so well, and play such similar hustle-to-every-ball styles, but in the end, it was Nadal who was superior.

"He was too good. He definitely deserved to win this match today and this trophy," Djokovic said. **THE ASSOCIATED PRESS**

4  
SPORTS

The 9-5

# NO REPEAT WORKDAY



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# Eagles survive late RG3 surge to top Redskins

**NFL.** McCoy, Vick run over Washington D in impressive debut of new coach's offence

Just try to keep up with Michael Vick, LeSean McCoy and the Philadelphia Eagles this season. Robert Griffin III and the Washington Redskins sure couldn't.

Playing at a frenetic pace that left the Redskins bumbling and stumbling, the Eagles unleashed coach Chip Kelly's offence on the NFL and crammed 77 plays into 60 minutes of football. They had their share of miscues, of course, but they held on for a 33-27 upset of the defending NFC East champs.

Vick, running the don't-take-a-breath attack that won 87 per cent of the time during Kelly's four years at the Univer-

Week 1

33

27

Eagles

Redskins



Robert Griffin III is sacked in the 2nd quarter. ROB CARR/GETTY IMAGES

sity of Oregon, completed 15 of 25 passes for 203 yards and two touchdowns, and he ran nine times for 56 yards and a score. McCoy had 31 carries for 184 yards, including a 34-yard TD. DeSean Jackson piled up 104 yards on seven catches.

Wearing a brace on his right knee, Griffin completed 30 of 49 passes for 329 yards, but 169 yards came in the fourth after the Eagles had taken control. He was also intercepted twice — the first multi-interception game of his career. He ran only five times for 24 yards.

THE ASSOCIATED PRESS



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## MLB

### Tillman silences Yankees after early brawl in Baltimore

Chris Tillman took a three-hitter into the eighth inning and the Baltimore Orioles beat the New York Yankees 4-2 on Monday night in a game that featured an on-field confrontation between the teams' managers.

With the victory, the Orioles moved within 1 1/2 games of idle Tampa Bay for the second AL wild card. The Yankees fell three games behind Tampa Bay.

Tillman (16-5) allowed two runs and four hits in seven-plus innings. He walked none and struck out nine, matching his career high.

Both dugouts emptied briefly after the first inning, when Orioles manager Buck Showalter angrily exchanged words with Joe Girardi after the Yankees manager apparently said something to Baltimore third base coach Bobby Dickerson.

THE ASSOCIATED PRESS

## NHL

### Tavares in Stanley state of mind as he takes N.Y. reins

Dynamic centre John Tavares is the New York Islanders' new captain.

Tavares, who turns 23 this month, is the 14th captain in the team's 42-year history. He succeeds defenceman Mark Streit, who left as a free agent to join the Philadelphia Flyers.

"I'm honoured," Tavares said in a statement Monday. "To represent my teammates, coaches, management and the incredible fans that support this historic franchise is something that I take seriously."

Tavares has led the Islanders in scoring in each of his first four NHL seasons. He had 28 goals — third most in the league — and 47 points while playing in all 48 games last season.

He is under contract through the 2017-18 season after agreeing to a six-year, \$33 million extension in September 2011.

THE ASSOCIATED PRESS

## MLB

### AMERICAN LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
Boston	87	58	.580	—
Tampa Bay	78	64	.549	7½
Baltimore	77	66	.538	9
New York	76	68	.528	10½
Toronto	67	76	.469	19

#### CENTRAL DIVISION

Detroit	82	62	.569	—
Cleveland	77	66	.538	4½
Kansas City	75	69	.521	7
Minnesota	62	80	.437	19
Chicago	58	85	.406	23½

#### WEST DIVISION

Oakland	83	60	.580	—
Texas	81	62	.566	2
Los Angeles	67	76	.469	16
Seattle	65	78	.455	18
Houston	47	96	.329	36

#### Mondays results

Baltimore 4 N.Y. Yankees 2  
Chicago White Sox 5 Detroit 1  
Cleveland 4 Kansas City 3  
Minnesota 6 L.A. Angels 3  
Pittsburgh 1 Texas 0  
Houston at Seattle  
Sunday's results  
Chicago White Sox 4 Baltimore 2  
Kansas City 5 Detroit 2  
N.Y. Mets 2 Cleveland 1  
N.Y. Yankees 4 Boston 3  
Oakland 7 Houston 2  
Tampa Bay 4 Seattle 1  
Texas 4 L.A. Angels 3  
Toronto 2 Minnesota 0  
Tuesday's games — All Times Eastern  
Kansas City (Guthrie 13-10) at Cleveland (McAllister 7-8), 7:05 p.m.  
N.Y. Yankees (Nova 8-4) at Baltimore (Gonzalez 9-7), 7:05 p.m.  
L.A. Angels (Williams 6-10) at Toronto (Buehrle 11-7), 7:07 p.m.  
Boston (Buchholz 9-0) at Tampa Bay (Price 8-7), 7:10 p.m.  
Pittsburgh (Liriano 15-7) at Texas (Perez 9-3), 8:05 p.m.  
Oakland (Parker 11-6) at Minnesota (Hendriks 1-2), 8:10 p.m.  
Detroit (Porcello 11-8) at Chicago White Sox (Johnson 0-1), 8:10 p.m.  
Houston (Lyles 6-7) at Seattle (Saunders 11-13), 10:10 p.m.

#### Tuesday's games — All Times Eastern

San Diego (Cashner 8-8) at Philadelphia (Cloyd 2-3), 7:05 p.m.  
Chicago Cubs (Jackson 7-15) at Cincinnati (Cingrani 7-3), 7:10 p.m.  
Atlanta (Teheran 11-7) at Miami (Koehler 3-9), 7:10 p.m.  
Washington (Zimmermann 16-8) at N.Y. Mets (Gee 11-9), 7:10 p.m.  
Milwaukee (Peralta 9-14) at St. Louis (Miller 12-9), 8:15 p.m.  
Arizona (Cahill 6-10) at L.A. Dodgers (Volquez 9-11), 10:10 p.m.  
Colorado (De La Rosa 16-6) at San Francisco (Vogelsong 3-5), 10:15 p.m.

## NATIONAL LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
Atlanta	86	57	.601	—
Washington	74	69	.517	12
Philadelphia	66	77	.462	20
New York	64	78	.451	21½
Miami	53	89	.373	32½

#### CENTRAL DIVISION

St. Louis	83	60	.580	—
Pittsburgh	82	61	.573	1
Cincinnati	82	63	.566	2
Milwaukee	62	80	.437	20½
Chicago	61	82	.427	22

#### WEST DIVISION

Los Angeles	83	59	.585	—
Arizona	72	70	.507	11
Colorado	66	78	.458	18
San Diego	65	77	.458	18
San Francisco	64	79	.448	19½

#### Mondays results

Atlanta 5 Miami 2  
Chicago Cubs 2 Cincinnati 0  
Washington 9 N.Y. Mets 0  
Arizona at L.A. Dodgers  
Colorado at San Francisco

#### Sunday's results

Cincinnati 3 L.A. Dodgers 2  
Milwaukee 3 Chicago Cubs 1  
Philadelphia 3 Atlanta 2  
San Diego 5 Colorado 2  
San Francisco 3 Arizona 2 (11 innings)  
St. Louis 9 Pittsburgh 2  
Washington 6 Miami 4

#### Tuesday's results

Baltimore 4 N.Y. Yankees 2  
Chicago 4 Cincinnati 21  
Dallas 34 N.Y. Giants 31  
Detroit 34 Minnesota 24  
Indianapolis 21 Oakland 17  
Kansas City 28 Jacksonville 2  
Miami 23 Cleveland 10  
New England 23 Buffalo 21  
New Orleans 23 Atlanta 17  
N.Y. Jets 18 Tampa Bay 17  
San Francisco 34 Green Bay 28

#### Saturday's results

Seattle 12 Carolina 7

St. Louis 27 Arizona 24

Tennessee 16 Pittsburgh 9

#### Thursday's result

Denver 49 Baltimore 27

## CFL

### WEEK 11

#### EAST

	GP	W	L	T	PF	PA	Pt
Toronto	10	6	4	0	290	259	12
Hamilton	10	5	5	0	266	277	10
Montreal	10	4	6	0	245	285	8
Winnipeg	10	2	8	0	217	308	4

#### WEST

Saskatchewan	10	8	2	0	325	227	16
Calgary	10	8	2	0	320	246	16
B.C.	10	6	4	0	265	266	12
Edmonton	10	1	9	0	234	294	2

#### Sunday's results

Toronto 37 Montreal 30

Winnipeg 25 Saskatchewan 13

#### WEEK 12

Friday's game — All Times Eastern	
Hamilton at Calgary, 9 p.m.	
Saturday, Sept. 14	
Winnipeg at Edmonton, 6:30 p.m.	
Toronto at Saskatchewan, 9:30 p.m.	
Sunday, Sept. 15 — Montreal at B.C., 4:30 p.m.	

## NFL

### WEEK ONE

#### Monday's results

Philadelphia 33 Washington 27

Houston at San Diego

#### Sunday's results

Chicago 24 Cincinnati 21

Dallas 34 N.Y. Giants 31

Detroit 34 Minnesota 24

Indianapolis 21 Oakland 17

Kansas City 28 Jacksonville 2

Miami 23 Cleveland 10

New England 23 Buffalo 21

New Orleans 23 Atlanta 17

N.Y. Jets 18 Tampa Bay 17

San Francisco 34 Green Bay 28

Seattle 12 Carolina 7

St. Louis 27 Arizona 24

Tennessee 16 Pittsburgh 9

#### Thursday's result

Denver 49 Baltimore 27

## MLS

#### Sunday's results

Montreal 4 New England 2

Chivas USA 1 D.C. United 0

New York 4 Houston 1

San Jose 1 Philadelphia 0

#### Wednesday's game — All Times Eastern

Chicago at Toronto, 7:30 p.m.

Horoscopes

**Aries**

March 21 - April 20

A social invitation will come your way and you should snap it up. Life is too short to waste on things of no importance, including working for other people on projects you have no real attachment to.

**Taurus**

April 21 - May 21

Recent struggles may have you down but there are still plenty of reasons to be cheerful. Life is full of joys and wonders — all you have to do is open your eyes and heart.

**Gemini**

May 22 - June 21

You may be reluctant to start something new because you sense it is going to be tougher than you expected. You're right, it will. But if you give up now, you will regret it later.

**Cancer**

June 22 - July 23

You sometimes find it hard to look on the positive side of life but over the next few days you will discover no end of reasons to smile. Remember: You are not a victim and life is what you choose to make of it.

**Leo**

July 24 - Aug. 23

It seems you have an urgent need to feel accepted by people you work with. That could lead to you doing things that are not in your long-term interests. The best way to impress people is to be yourself.

**Virgo**

Aug. 24 - Sept. 23

Why are you attaching so much importance to things that are not worth worrying about? You need to snap out of it and get your mind back on track — the one that leads to your dream. **SALLY BROMPTON**

**Libra**

Sept. 24 - Oct. 23

What others say can't be done, you will do just for the fun of it. If you focus your energy in one direction, you'll achieve something that amazes.

**Scorpio**

Oct. 24 - Nov. 22

Don't worry too much if your temper gets the better of you and you snap at someone you love. Your solar chart indicates that by this time tomorrow you will be best buddies again.

**Sagittarius**

Nov. 23 - Dec. 21

Try to focus on an activity that involves you on every level — mental, physical, emotional. If you put everything you've got into what you do today, the results will be spectacular and highly profitable too.

**Capricorn**

Dec. 22 - Jan. 20

Anything of a creative nature will go well over the next few days, so give yourself permission to dream and let your inner compass guide you in the right direction.

**Aquarius**

Jan. 21 - Feb. 19

Force yourself to enjoy what you have to do today, even if it isn't your first choice or your second. It will go better than expected and you can reward yourself by indulging in what you do enjoy this evening.

**Pisces**

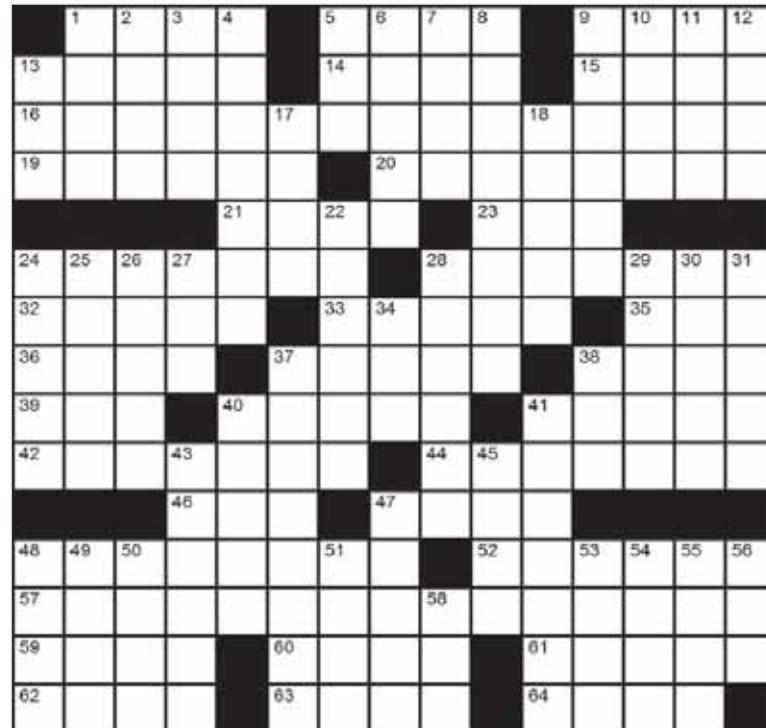
Feb. 20 - March 20

Go somewhere you have never been before. Do something you have never done before. The planets suggest you can afford to be adventurous. In fact, you will regret it later if you stay too close to home now. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Etna extraction
5. Outline
9. Be in need of Gold Bond
13. Not-leaving prisoner
14. Berry found in the Amazon Rainforest
15. Intl. alliance created in 1949
16. People on Black-Berrys, for instance: 2 wds.
19. Run off the track
20. Herman \_\_\_ (Novelist of Moby-Dick; or, The Whale)
21. Certain
23. South: French
24. Coleslaw's content
28. Discharge
32. The Hunter constellation
33. \_\_\_ Kea (Site of observatories in Hawaii)
35. The Pacific \_\_\_
36. Prefix meaning 'Self'
37. Teachers of yore
38. Like an owl
39. Some radios, e.g. 40. Fashion mag
41. Cut
42. Cushy barn section
44. Most times
46. Cartoon fight sound effect!
47. "I'm Yours" singer Jason
48. Passage-hindering



war tactic  
52. Acadian dish of  
grated potatoes,  
\_\_\_ Pie  
57. Medieval-inspired  
futuristic cartoon series  
of yore in Canada:  
3 wds.  
59. Entr' \_\_\_ (Theatrical  
interlude)

60. Stretched tight  
61. Effort to achieve  
a goal  
62. Filmed a movie  
63. The Beatles' Pepper, et al.  
64. Guesses [abbr.]

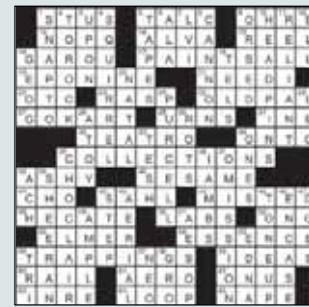
Down

1. Green hue

2. Way over yonder  
3. Waitress on "Alice"  
4. Craftsperon  
5. "Well, \_\_\_-di-dah!"  
6. Green Day's "When  
\_\_\_ Around"  
7. Pony's pride  
8. They measure television viewership  
9. Newsmagazine

show, " \_\_\_ Edition"  
10. Unit of weight in China  
11. Keyboard key  
12. Outdoor tap hookup  
13. John Lennon's unintended acronym  
17. Socket's insertee  
18. Droplet-looking

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	6	8	4	7	3	5	2	1
2	7	4	6	1	5	3	9	8
3	1	5	2	8	9	4	7	6
4	3	1	8	9	2	7	6	5
5	8	9	3	6	7	1	4	2
6	2	7	1	5	4	9	8	3
8	9	6	5	4	1	2	3	7
7	5	2	9	3	8	6	1	4
1	4	3	7	2	6	8	5	9

9	7	1	8	3
6		1	2	4
8			6	8
	5		4	
7	5			8
3		2	9	4
	9	1		2
6		5	1	9



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BY KELLY ANN BUCHANAN

throat part  
22. Outfit the boat with a new sail-support, say  
24. Sports team leader  
25. Popular island retreat  
26. Itsy-  
27. Scare's sound!  
28. " \_\_\_ Has It" by Adele  
29. Princess in "The Little Mermaid" (1989)  
30. \_\_\_ rug  
31. Manicure board  
34. Get weapons  
37. Canadian brothers band, The  
38. "Huh...?"  
40. "Twistin' the Night Away" by Sam \_\_\_  
41. Leonard Cohen song title lady  
43. Necklace's storing-little-things piece  
45. Wrapped garment  
47. "You know you gotta help \_\_\_ ..." - The Killers  
48. Arm: French  
49. Ness Monster  
50. Eight: Prefix  
51. Burden  
53. Greek letters  
54. Station  
55. Promissory notes  
56. Mr. Asner's  
58. "Holding Out for a Hero" singer ...her initials-sharers

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OWN IT FROM  
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